Memories from the Heart
2013

The Sacred Heart School of Montreal

3635 Atwater Avenue
Montreal,Quebec
H3H 1Y4

Published in Canada Printed in USA

A Year on Film

Every movie has a beginning and an end, just like high school. Our goal is to capture every moment in between and treasure it forever. Although some things do not last, the memories we have made and shared at Sacred Heart will stay with us forever. By taking "Memories from the Heart 2013" with us, we will guarantee that even the smallest, but most memorable moments will never be forgotten.

Memories from the Heart
2012 - 2013

Academics 4

Undergrads 12

Student Life 26

Sports 54

Graduates 64

Head of School

Dear Sacred Heart Students,

Congratulations on another excellent school year, and for achieving so many milestones in academics, the arts, sports, and community. You are a compassionate and committed group, and we are all very proud of you. You have demonstrated time and time again your strong leadership skills and have the Courage et Confiance to be the women leaders of tomorrow.

I would also like to congratulate our graduates, a fine class of energetic and creative young women who have not only enjoyed an excellent senior year, but who have also had a stellar high school career at Sacred Heart. Sacred Heart continues to be an incubator of innovation, where intellectual risk-taking, academic achievement and real world education are embraced. We aim to graduate girls who are destined to become the confident, capable, creative and compassionate women leaders of tomorrow. The CLASS OF 2013 embodies these values and then some!

This year's memory book is another great success! The entire team is to be commended for a job well done! Please join me in thanking our student memory book editors Kayla Cabanas and Sara Tagliamonti. Of course, we owe a great debt of gratitude to our faculty editor/advisor, Ms. Erika Rath. We were extremely fortunate to discover back in the fall, that not only was Ms. Rath qualified and able to replace Ms. Lessey in the classroom, but she was also willing and able to take on the huge task of memory book advisor. I am sure you will agree with me that she and her student team have done an incredible job!

They have invested countless hours producing this fine book of memories. As is obvious from the final product, they have taken great pains to showcase the entire student population and our many educational, cultural, social and athletic activities. On behalf of the entire school, I offer them a heartfelt thank you for a job well done!

Shawn O'Donnell
Head of School

Assistant Head

Dear Class of 2013,

You leave Sacred Heart well-prepared for the wealth of opportunity that awaits you. Put your talents and energy to good use, find time to reflect, and keep your hearts and minds open to all good possibilities. Try always to accept both success and failure with grace and dignity. Above all, no matter where you go or what you do, choose your path with care and pursue it with love and integrity.

Sincerely and with all good wishes for the future,

Mrs. Filipovich

Dean of Students

Your time at Sacred Heart as a student, housed in the safe shelter of City House, has had a beginning and an end. Your Sacred Heart education, however, is something that will be a part of you for a lifetime. During your time here you have had excellent academic instruction, five memorable retreats, and a wide variety of exciting trips. Personally, I will never forget the fun, laughter and shopping, we shared on our New York excursion (long live Canal Street). You are all grown up now and ready to make your way in the world and it will be full of exciting new beginnings for each of you. As you meet each new challenge, never doubt your own worth. Please remember that for this world to be a better place it needs your intelligence, your goodness and your example. "I hope that your dreams take you to the corners of your smiles, to the highest of your hopes, to the windows of your opportunities and to the most special places that your heart can ever imagine." (Ralph Waldo Emerson)

Miss Mastro

Faculty and Staff

Lisa Arella

Aran Bangs

Julian Beauvais

Nathalie Belfort

Florise Boyard

No Photo Available
Nicolas Boileau

Iveth Bosmediano

Maureen Brown

Amanda Cardillo

Stephanie Coull

Christiane de Sainte Marie

Nina Di Palma

John Filipe

José Filipe

No Photo Available
Josh Friedmann

Angello Gallo

Catherine Gauthier

Mary Gendron

No Photo Available
Yvon Guilbault

Peter Judson

Fran Lakatos

Martin Laperle

Marie-Elaine Laquerre

Danielle Lecuyer

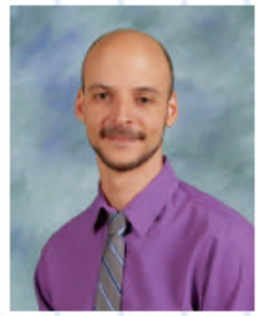
Megan Littman

Joan MacLellan

Roxanne Martel

Gisela McIvor

Jacqueline McSkimming


Sonny Nicholas

Hélène Pagette

Palmina Palumbi

Patricia Potter

Antoinette Raco

Erika Rath

David Reda

Gedi Snapkauskas

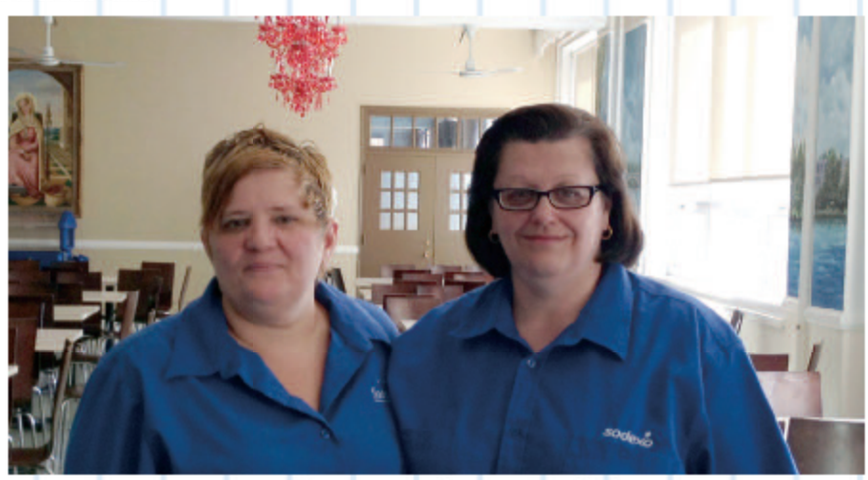
Kevin Thiruchelvam

Jennifer Vachon

Catia Valela

Rosemary Vaupshas

Peter Ward


The Kitchen Staff

CANDIDS

YOUTH PHILANTRHOPY INITIATIVE

1st Place:
Centre Philou

2nd Place:
Project 10

3rd Place
The Teapot
Tyndale St-Geogres

Sophia Koper
Rebecca McPherson
Zatya Zappitelli
Rebecca Letourneau-Duynstee

Lisa Giacarri
Caroline Jeanson
Thaksha Nadarajakumaran
Abigail Trevino

Maegan Fett
Illeana Cappello
Avery Diabo
Katrina Vecera

Dana Malowany
Tatianna Mikus
Laura Raco
Victoria Miron

ESSAY COMPETITION WINNERS

Abigail Trevino

Giuliana Mannarino

Mary Lynne Loftus

Yearbook Staff

Sheridan

"I know I've come to you for a lot this year, but you're always there and I'm very grateful for that. You've been a valuable part of the team this year, and all the pages you've worked on are so creative. I'm happy to have worked with you, it's been a bit of a stressful project, but you've helped so much! Thank you. " - From your Editor Sara

Thaksha

"Thank you for everything! I'm going to miss working with you in the yearbook room and having our talks while trying to figure out why the computer decided to stop working! Good luck with everything, it's been really fun having you on the yearbook team." - From your Editor Sara

Elizabeth

"You've done some really nice pages, and you have many creative ideas. Thank you for being a part of our very small, but hard-working yearbook team this year. You've contributed to the yearbook, and all that you've done looks great." - From your Editor Sara

Kayla Cabanas

I was so happy to be chosen to be co-editor of the yearbook this year. It has been a great year and this yearbook would not have been possible without the help of such an amazing group of girls. I'm going to miss you so much and wish you girls all the best of luck. It has been an honor working with all of you this past year. I would like to extend my thanks to Ms Rath and Sara for all the hard work they've put into making this book truly memorable. - Kayla

Sara Tagliamonti

"When becoming the Yearbook Editor, I was not expecting it to be such a stressful job. However, as the year wore on, I realized my original impression could not be more false. Nevertheless, it's been an amazing experience and I truly enjoyed every moment I spent working on the yearbook. Even in the most stressful circumstances, I felt myself relaxing as I worked in the yearbook room. Everyone involved has done an amazing job and I'm grateful to have had them on the team. It's been a blast being the editor, but all good things must come to an end. I can't wait to see it all together; I know everyone's hard work is going to pay off! I hope everyone enjoys this year's yearbook."

-Sara

Lisa

"You decided to be apart of the yearbook team a little later in the year, but nevertheless, regardless of what I asked you to do, you did. Thank you so much for being so understanding even when I was stressed and worried. You helped a lot in various ways, and I'm really going to miss having you around everyday next year." - From your Editor Sara

Ms. Rath

It's been a wonderful year working with you girls! Your hard work and dedication really paid off and you have created a wonderful book full of memories.

Congratulations and good luck next year!

-Ms.Rath

UNDERGRADS

"Don't aim for success if you want it; just do what you love and believe in, and it will come naturally." – David Frost

SEC. I PORTRAITS

SEC. II PORTRAITS

SEC III PORTRAITS

SEC. IV PORTRAITS

SEC I-II RETREAT

SEC. III- IV RETREAT

Secondary I: Adventure

Victoria Barakett
Stephanie Benoit
Jessica Brodeur
Sabrina Buonamici
Olicia DiCaprio
Rebecca Di Giorgio

Lauren Drummond
Teagan Ennis
Nadia Estefanos
Sabrina Fitz
Amanda Forgione
Cassandra Forzani

Sarah Frances
Kiara Guidote
Alexandra Hills
Olivia Iorio
Sigrid Joubert
Maria Kambitakis

Eleni Karatzas
Jessica Khoury
Theodora Konstantopoulos
Audra Kruszwesky
Dominique Levesque
Anita Maggiore

Serena McMahon
Sophia Michakis
Laura Mustillo
Beata Nawacki
Maya Ostiguy Hopp
Maria Pantazapolous

Michelle Phillips
Veronica Plescia
Evanthia Primbas
Yiuane Ryan
Giunevere Santaguida
Denna Soosai Heronimus

Vanessa Useche
Lea Valentini
Isabella Van Dystadt-Aguiar
Christina Vassiliou
Mia Vincenti
Rachel Watts

Maria Alescio
Nicole Bilikis
Alexis Boosamra
Eleni Borondy
Vanessa Brandimarti
Liana Caprera

Rosemarie Cianci
Clarissa D'Amico-Mazza
Panagiota Danielidis
Molly Delaney
Samantha Delucilla
Stephanie Des Marais

Elana Floriani
Veronica Giroux
Alicia Griffin
Ann Griffin
Elisabeth Harris
Maria Karamitsos

Secondary II

Vasilikis Karamitsos
Evdokia Konstantopolos
Jasmine Kwok
Emma Lalonde
Mikayla Liakopolos
Vanessa Likoray

Lauren MacDonald
Giulia Marsili
Allesandra Morena
Kristina Mura
Kayla Ortenza
Anika Ouy

Gurleen Padda
Eliyan Polychronas
Vanessa Pugliesi
Meaghan Sabourin
Marie Isabella Santaguida
Alexa Scalia

Valerie Sinel
Sabrina Ste-Marie
Anne Taper
Kiana Uriani
Olivia Wilson
Julia Zito

Want to hear a joke?

Hahaha!

That's a good one.

COMEDIANS

Secondary III

Caterina Alfieri
Sara Amicarelli
Felisa Antonanzas
Natalia Bedik
Sabrina Belcourt
Sofia Bittichesu

Josie Borsellino
Alessia Constanguay
Erika Cheng-Tarantino
Laura D'Altilia
Corinne Darche
Gabriella De Mauro

Juliana de Stefani
Emilie Dupuis
Constantina Gicopoulos
Alexa Glaudemans
Kaitlin Hagen
Natasha Hodge-Masnaghetti

Oona Joy
Younghyun Koo

ready to solve the mysteries?

Got a Clue?

Mystery

Caroline Koranteng
Mary Lynne Loftus
Giuliana Mannarino
Lauren Mezzaluna
Raphaela Nikoloupos
Ariana Pagnotta

Katherine Panet-Raymond
Inees Romera-Pamplona
Karen Rubbo
Joyce-Marie Salvo
Anddrea Santamaria
Cyleigh Sorella

Sarah Spagnuolo
Louisa Tsoukalas
Athina Tzinevrakis
Dalia Varvaro
Zoe Yalden

Taylor Akkoui
Jasmina Alka
Vanessa Amato
Carina Anelli
Iohserenha_wi Bova
Kelly Burchell-Reyes

Ileana Cappello
Sabrina Correia

Avery Diabo
Serena English

Cassandra Estefanos
Meagan Fett
Allyson Fontes
Lisa Giaccari
Elizabeth Giagnacovo
Karen Golfi

Angelina Griffin
Sheridan Harel
Caroline Jeanson
Sophia Koper
Rebecca Letourneau-Duynstee
Dana Malowany

Claudia Massarelli
Rebecca McPherson
Marissa Mezzaluna
Tatiana Mikus
Victoria Miron
Thaksha Nadarajakumaran

Grazia Novello
Isabella Papalia
Laura Raco
Stefania Rivera
Jessica Dibartollo Rouilier
Sabrina Sharifi-Alamdary

Julia Skothos
Abigail Trevino
Rachelle Valentim
Katrina Vecera
Katya Zappitelli

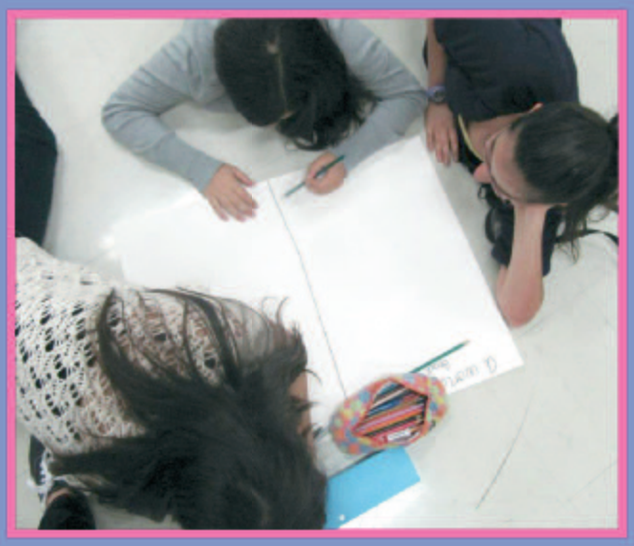
We are so betch!

We are fabulous but evil

DrAmA SEC.4

SECONDARY I RETREAT

We Are Family



HEART AND SOUL

SECONDARY 2 RETREAT

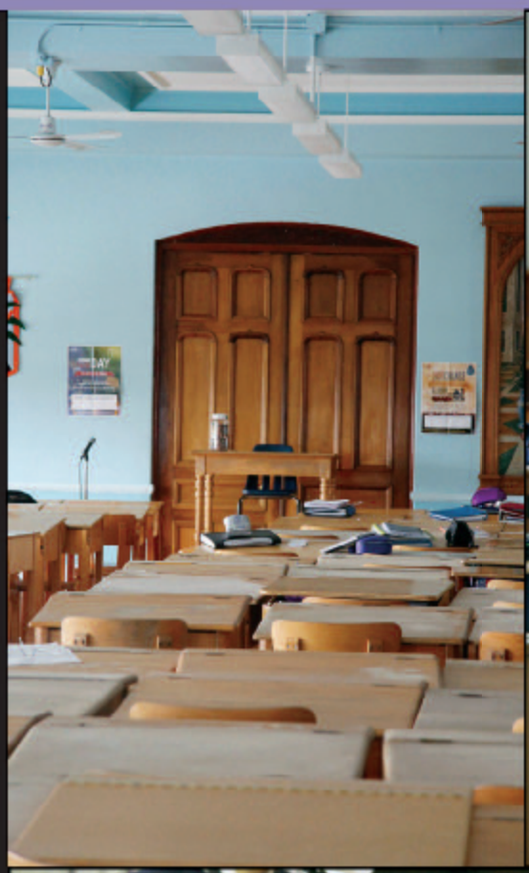
The Miracle that is You

Secondary 3 Retreat

Secondary 4 Retreat

Life as a House

STUDENT LIFE



"How you imagine the world determines how you live in it." - David Suzuki

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36 CHRISTMAS
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Barat

House Head: Amanda Marino
Mascot: Morty the Bear
Co-Captains: Claudia Belliveau & Rebecca Letourneau-Duynstee

Duchesne

House Head: Rachel Rubbo
Mascot: Rose the Ladybug
Co-Captains: Alexandra Gentile
G.A.A's: Sarah Spagnuolo, Molly Delaney

Digby

House Head: Stephanie Gravel
Mascot: Leo the Lion
Co-Captains: Jessica Delucilla, Kelly Burchell-Reyes
G.A.A's: Allyson Fontes

du Rousier

House Head: Victoria Alescio
Mascot: Honey the Bee
Co-Captains: Lisa Giaccari, Gabriella Caruso
G.A.A's: Sophia Koper

Hardey

House Head: Charlotte Le Fevre
Mascot: Henrietta the Monkey
Co-Captains: Elizabeth Giagnacovo, Adrianna Mauchan.
G.A.A.'s: Sara Amicarelli, Gurleen Padda

Stuart

House Head: Dominique Di Caprio
Mascot: Dylan the Dolphin
Co-Captains: Sara Tagliamonti, Stefania Rivera
G.A.A.'s: Rebecca McPherson, Elizabeth Harris

Sheldon

House Head: Lisa-Marie Giorgio
Mascot: Shelly the Turtle
Co-Captains: Vivan Luong, Thaksha Nadarajakumaran
G.A.A.'s: Karen Golfi

Trincano

House Head: Sara Pulice
Mascot: Casie the Cow
Co-Captains: Karina Vecera,Marissa Mezzaluna
G.A.A.'s: Katya Zappitelli, Alexis Boosamra

Sports Day

First Place

Second Place

Third Place

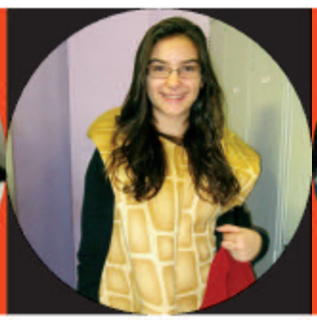
Spirit Award

Girls for the Cure

Spirit Day

Crayola
Crayola
8
CRAYONS
Crayola
Crayola

THE
PERFECT
PACKAGE



THING
2
THING

ON
ST

1861
2011

Christmas Wishes

Christmas Concert

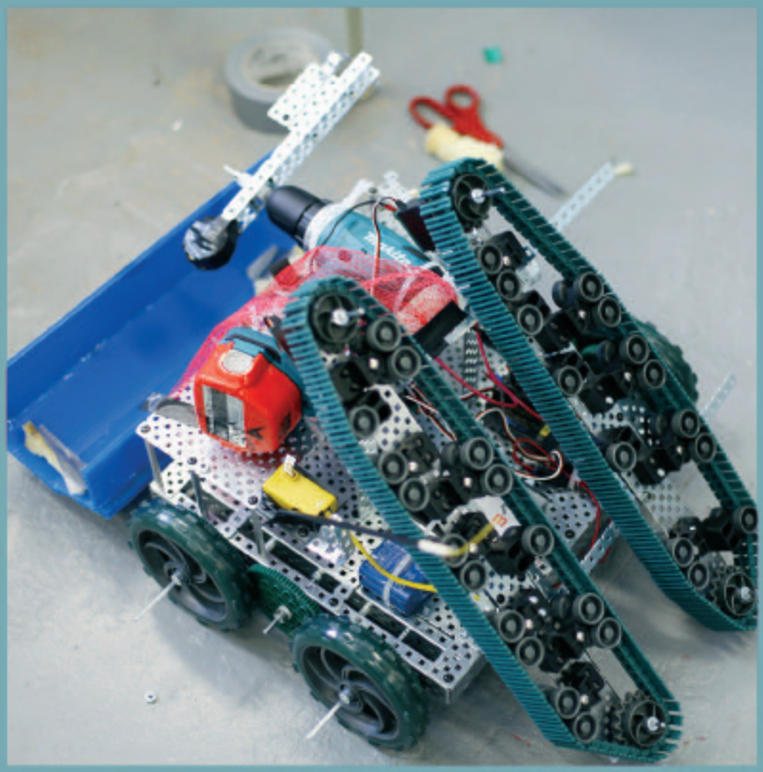
French Week

DaSHaBuSTaDD 2013

CANNIBALS

ARTS FESTIVAL

Around The World Invasion



Robotics 2013

Charity Day

We make a living by what we get, we make a life by what we give.
-Sir Winston Churchill

Field Trips

Cassandra Estefanos IVA
Brisbane, Australia

Claudia Beiliveau VB
Nantes, France

Valeria Cori-Manocchoio VA
Tunbridge Wells, England

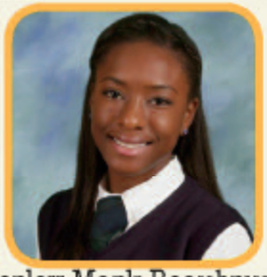
Amanda Marino VC
Nantes, France

Kayala Cabanas VA
Madrid, Spain

Nicoletta Saviolidis VA
Madrid, Spain

Catherine D"Ambrosio VB
Bondues, France

STUDENT EXCHANGE



Kimberley Mark-Beaubrun VA
Melbourne, Australia

Esmé Panarello VA
Taipei, Taiwan

The U.K Trip

"The world is a book and those who do not travel read only one page." – St. Augustine

The two-week trip was whirlwind of excitement. With the guidance of Jim, our tour guide, we visited the magical lands of Ireland, to the amazing city of London. We visited Manchester and then went to Scotland. We did and saw so many things, like scarying ourselves silly in the ghost tour and seeing the famous Platform 9 3/4, and unfortunately Mr. Beauvais wouldn't let us go to Hogwarts. Thank you Ms. Coull, Ms.Valela, Mr. T, and Mr. Reda for being our fearless group leaders, and to Mr. Beauvais for organizing the whole trip!

IRELAND
2013

TELEPHONE
TELEPHONE
TELEPHONE

POST CARD
The address only to be written here
£1.00
We are having the time of our lives!!!!
The Sacred Heart School of Montreal
3635 Atwater Ave.
Montreal,QC
H3H 1Y4
Canada

Barbecue 2013

Prefects 2012-2013

CLUBS

Carnival

Taylor Akkoui, Sabrina Correa, Elezabeth Giangnacovo, Delia Mazzorana, Sara Tagliamonti.

Advisor: Joanne Mastro

Beginner Band

Sabrina Fits, Kiara Guidote, Dominique Sara Levesque, Mia Vincenti, Amanda Forgione, SARah Frances, Beata Nawacki, Maya Ostiguy Hoppm Michelle Philips, Vanessa Useche, Rachel Watts, Stephanie Benoit, SAbrina Buonamici, Olivia Iorio, Sigrid Joubert, Eleni Karatzas, Sophia Michakis, Veronica Plescia, Evanthia Primbas, Guinvevere Santaguida

Advisor: Aran Bangs

Girls for the Cure

Victoria Alescio, Taylor Akkoui, Kelly Burchell-Rayes, Karen Golfi, Rebecca McPherson, Sara Tagliamonti.

Advisor: Amanda Cardillo

Walk-A-Thon

Catherine D"Ambrosio, Meagan Fett, Karayah Foster, Stefany Sacchetti.

Advisor: Joanne Mastro

Junior Band

Maria Alescio, Rosemarie Cianci, Patricia Danielidis, Stephanie Des Marais, Ann Griffin, Maria Karamistos, Giulia Marsilii, Alessandra Morena, Gurleen Padda, Valerie Sinel, Anne Taper, Julia Zito, Eleni Borondy, Liana Caprera, Clarissa D'Amico-Mazza, Elana Floriani, Alicia Griffin, Victoria Karamitsos, Jasmine Kwow, Anika Ouy, Bella Santaguida, Alexa Scalia, Sabrina Ste-Marie

Advisor: Aran Bangs

Concert Band

Victoria Alescio, Caterina Alfieri, Vanessa Amato, Carina Anelli, Felisa Antoranzas, Kelly Burchell-Reyes, Gabriella Caruso, Alessia Castonguay, Sabrina Correia, Corinned DArche, Tracy Do, Constatina Gicopoulos, Kaitlin Hagem, Maris Jacobs, Charlotte Le Fevre, Mary-Lynne Loftus, Dana Malowany, Kelly McCullogh, Tatiana Mikus, Raphaela Nikolopoulos, Ariana Pagnotta, Nicolette Saviolidis, Abigail Trevino, Athina Tzinevrakis

Advisor: Aran Bangs

Liturgical Choir

Csterina Alfieri, Blcuaida Belliveau, Kelly Burchell-Reyes, Corinne Darche, Emily Dupuis, Elizabeth Giagnacovo, Charlotte LeFevre, Mary-Lynn Loftus, Amanda Marino, Adriana Mauchan, Serena McMahon, Tatiana Mikus, Thaksha Nadarajakumaran, Isabella Papalia, Laura Raco, RAchel Rubbo, Guinever Santaguida

Adviro: Roxanne Martel

Vocal Ensemble

Kelly Burchell-Reyes, Alessia Castonguay. Karyah Foster, Elizabeth Giagnacovo. Natasha Hodge-Masnaghetti, Charlotte LeFevre, Mary-Lynn Loftus, Giuliana Mannarino, Kimberly Marks-Beaubrun, Tatiana Mikus, Thaksha Nadarajakumaran, Esme Panarello, Sara Pulice, Brigid Roberts, Anthea Saviolidis, Sabrina Ste-Marie, Athina Tzinevrakis, Zoe Yalden

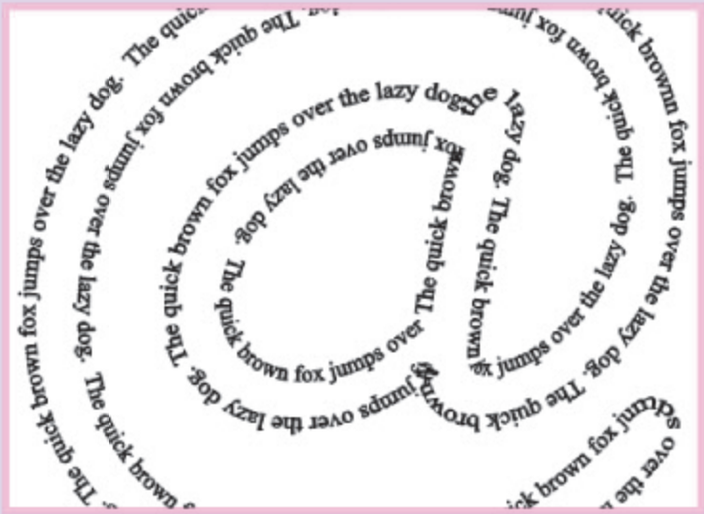
Advisor: Roxanne Martel

Literary Magazene

Norah Woodcock
Vivian Luong, Myriam Zakaib, Alice aka Sara T.

Advisor: Ms. Gisela McIvor

The Pulse



Lisa-Marie Giorgio
Abigail Trevino, Elixabeth Giagnacovo, Laura Mustillo, Monica Petras, Sabrina Buonamici, Thaksha Nadarajakumaran, Valeria Cori-Manocchio, Vivian Luong.

Advisor: Gisela McIvor

Cuisine 101

Claudia Beliveau, Catherine D"Ambrosio, Dominique DiCaprio, Emily Dikranian, Alexandra Gentile, Lauren Honey Griffin, Adriana Mauchan, Julia Messina, Esme Panarello, Nicholetta Saviolidis, Giorgia Kyres, Monica Petras, Lisa-Marie Giorgio, Athanasia Saziolidis.

Advisor: Christiane de Sainte Marie

CLUBS

Environment Club

Karayah Foster
Abigail Trevino
Esme Panarello

Advisor: Martin Laperle

Junior Debating Club

Sabrina Buonamici, Sabrina Fitz, Cassandra Forzani, Eleni Karatzas, Guinevere Santaguida.

Advisor: Stephanie Coull

Art Club

Norah Woodcock

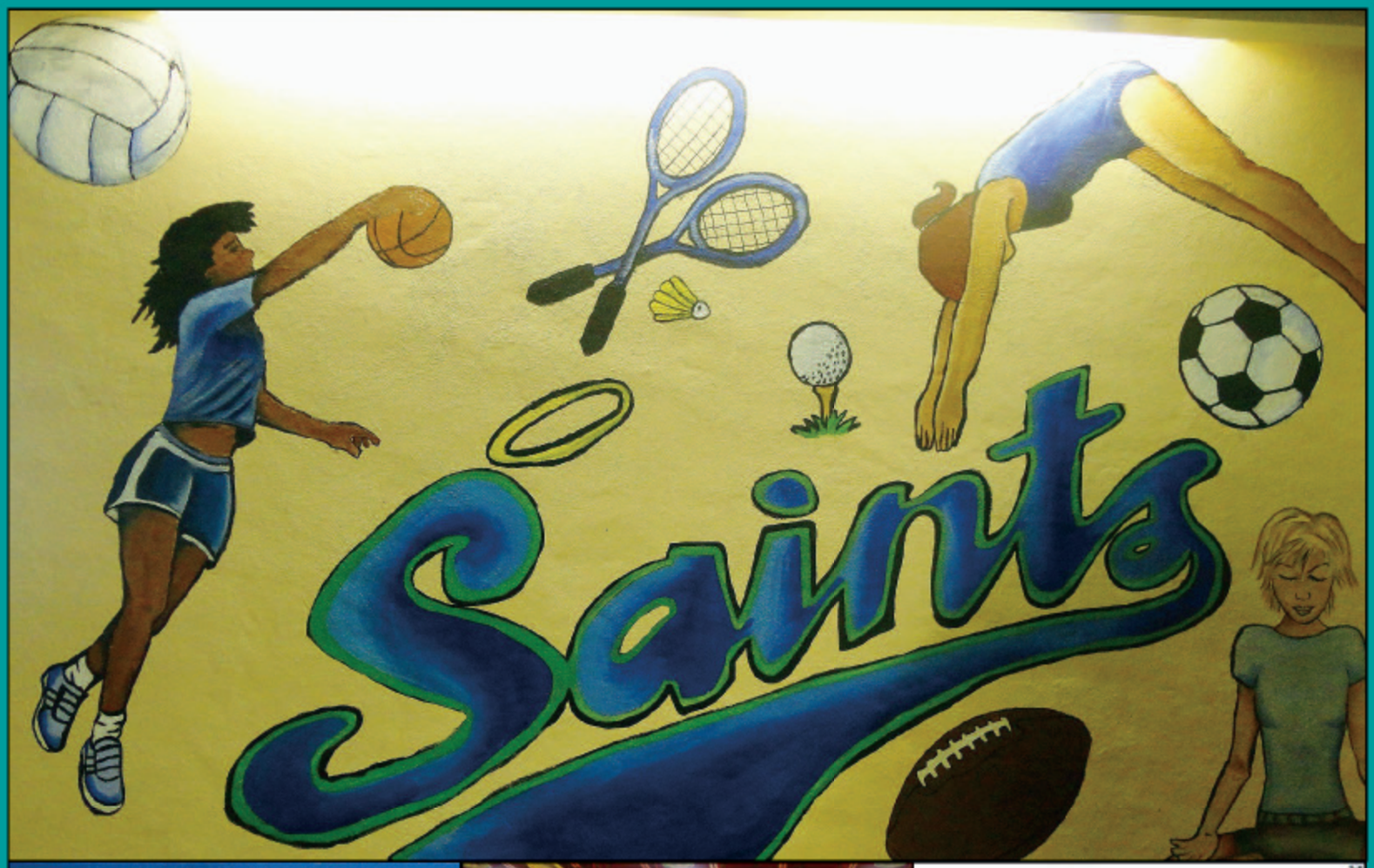
Advisor: Ma. Gendron

Free the Children

Sabrina Buonamici, Guinivere Santeguida, Liana Caprera, Elena Floriani, Sabrina Correa, Victorua Mira, Serena English, Katrina Vecera, Esme Panerello, Karayah Foster.

Advisor: Catia Valela

SPORTS



You can't put a limit on anything. The more you dream, the farther you get.
Michael Phelps

Olivia DiCaprio
Nadia Estefanos
Sarah Frances
Kiara Guidote
Alanxdra Hills
Sigrid Joubert
Audra Kruszewisky
Eva Primbas
Lea Valentine
Mia Vincenti

Coach: Ms Lecuyer

Arianna Pagnotta
Louisa Tsoukalas
Karen Rubbo
Samantha Delucilla
Emma Lalonde
Clarissa D'Amico Mazza
Eleni Borondy
Alicia Griffin
Nicole Bilikas
Stephanie Des marais

Coach: Megan Littman

Jesiccal Delucilla
Allyson Fontes
Alexandra Gentile
Sophia Koper
Rebecca Letourneau-Duynstee
Catherine McDonald
Rebecca McPherson
Julia Messina
Kayleigh Metcalfe
Katya Zappitelli

Coaches: Ritou Maloni & Kim Fontes

Dominique Levesque
Beata Nawacki
Patricia Danieldis
Gurleen Padda
Olivia Iorio
Victoria Barakett
Valerie Sinel
Eleni Krayzas

Coach: Mr. Thiruchelvam & Ms. Coull

Caterina Alfieri
Mary Lynne Loftus
Tatiana Mikus
Kelly Burchell-Reyes
Constantina Gicopoulos
Corinne Darche
Zoe Yalden

Coach: Mr. Thiruchelvam & Ms. Coull

Vivial Luong
Catherine McDonald
Charlotte LeFevre
Brigid Roberts
Sara Tagliamonti
Stephanie Gravel
Karyah Foster

Coaches: Mr. Thiruchelvam & Ms. Coull

Nicole Bilikas
Eleni Borondy
Alexis Bosmara
Clarissa D'Amico-Mazza
Molly Delany
Samatha Delucilla
Maya Ostiguy Hopp
Lauren Drummond
Sarah Frances
Alicia Griffin
Elizabeth Harris
Lauren Macdonald
Gurleen Pada
Eva Primbas

Coach: Mr Thiruchelvum

Caterina Anelli
Sabrina Belcourt
Juliana de Stefani
Allyson Fontes
Rebecca Letourneau-Duynstee
Rebecca McPherson
Lauren Mezzaluna
Raphaela Nikolopoulos
Ariana Pagnotta
Sarah Spagnuolo
Louisa Tsoukalas
Rachel Valentim

Coaches: Ms. Lecuyer, Mr. Boileau & Addley Dufour

Olivia Bouskill
Valeria Cori-Mannocchio
Catherine D'Ambrosio
Jessica Delucilla
Katherine Drummond
Alexandra Gentile
Sarah Harris-Gendron
Amanda Marino
Adrianna Mauchan
Catherine McDonald
Kayleigh Metcalfe
Stefany Sacchetti
Larissa Serafin

Coaches: Ms. Littman & Mr. Cumming

Patricia Danielidis
Olivia Iorio
Catherine McDonald
Karen Golfi

Coach: Mr. Gallo

Alexis Boosamara
Molly Delaney
Rebecca Di Giorgio
Lauren Ditalia
Lauren Drummond
Katherine Drummond
Sarah Harris
Lauren MacDonald
Maya Ostiguy Hopp
Meaghan Sabourin
Joyce Salvo
Monica Sapala
Vanessa Useche
Rachelle Valentim

Coaches: Mr Brown & Mr. Sabourin

Stephanie Benoit, Sabrina Buonamici, Sarah Frances, Sigrid Joubert, Dominique Lévesque, Sophia Michakis, Maya Ostiguy Hopp, Meaghan Sabourin, Felisa Antonanzas, Lauren Mezzaluna. Dalia Varvaro, Abigail Trevino, Rebecca Letourneau-Duynstee, Serena English, Cassandra Estefanos, Marissa Mezzaluna, Olivia Bouskill, Alexandra Gentile, Marris Jacobs

Helpers
Rebecca MacPherson
Dana Malowany
Tatiana Mikus

Advisor: Mme Belfort

Nicole Bilikas
Vanessa Brandimarti
Jessica Brodeur
Rebecca DiGiorgio
Teagan Ennis
Kiara Guidote
Olivia Iorio
Eleni Karatzas
Meaghan Sabourin
Gurleen Padda
Bella Santaguida
Sabrina Ste-Marie
Vanessa Useche
Rachel Watts
Julia Zito

Coach: Ms Lecuyer

Alexis Boosamra
Eleni Borondy
Patricia Danitlidis
Clarrisa D'Amico Mazz
Molly Delaney
Samantha Delicilla
Stephanie Des Marais
Lauren Drummond
Nadia Estefanos
Elizabeth Harris
Ali Hills
Maya Ostiguy Hopp
Alexa Scalia
Lea Valentini

Coach: Ms Littman

Carina Anelli
Vanessa Amato
Sarah Amicarelli
Sabrina Belcourt
Avery Diabo
Gabriella Di Mauro
Lisa Giaccari
Karen Golfi
Caroline Jeanson
Emma Lalonde
Rebecca Letourneay-Dunystee
Raphaela Nikolopoulos
Ariana Pagnotta
Katherine Panet-Raymond
Karen Rubbo
Sarah Spagnuolo
Louisa Tsoukalas

Coach: Mr Thiruchelvam

Claudia Belliveau
Valeria Cori-Mannochio
Catherine D'Ambrosio
Jessica Delucilla
Katherine Drummond
Meagan Fett
Allyson Fontes
Sarah Harris
Catherine McDonalk
Amanda Marino
Adrianna Mauchan
Delia Mazzorana
Kayleigh Metcalfe
Sara Pulice
Larissa Sarafin
Stefany Sacchetti

Coaches: Mr Gallo & Ms Valela

Lauren MacDonald
Maria Alescio
Alicia Griffin
Audra Kruszewski
Cassandra Forzani
Eva Primbas
Sarah Frances
Jessica Khoury
Christina Vassiliou
Yiuane Ryan

Coach Mme Vachon

Emily Dikranian
Juliana Di Stefani
Emily Dupuis
Charlotte LeFèvre
Kimberley Marks-Beaubrun
Rebecca McPherson
Julia Messina
Lauren Mezzaluna
Marissa Mezza;luna
Sara Tagliamonti
Katya Zappitelli

Coach: Marina McKenna

Jessica Brodeur
Sabrina Buonamici
Teagan Ennis
Olivia Iorio
Jessica Khoury
Dominique Little-Levesque
Laura Mustillo
Guinevera Santaguida
Jasmine Kwok
Emilie Dupuis
Natasha Hodge
Sarah Spagnuolo
Caroline Jeanson
Alice Brais
Kelly McCullough
Nicky Saviolidis

Coach: Teresa Little
Staff Supervisor: Ms Rath

Eleni Borondy
Clarissa D'Amico-Mazza
Alicia Griffin
Alexandra Hills
Dominique Levesque
Sophia Michakis
Maya Ostiguy
Meaghan Sabourin
Guinevere Santaguida
Mary Lynn Loftus
Lauren Mezzaluna
Karen Rubbo
Dalia Varvaro
Olivia Bouskill
Valeria Cori-Manocchio
Alexandra Gentile
Maris Jacobs
Rebecca Letourneau
Delia Mazzorana
Monica Sapala

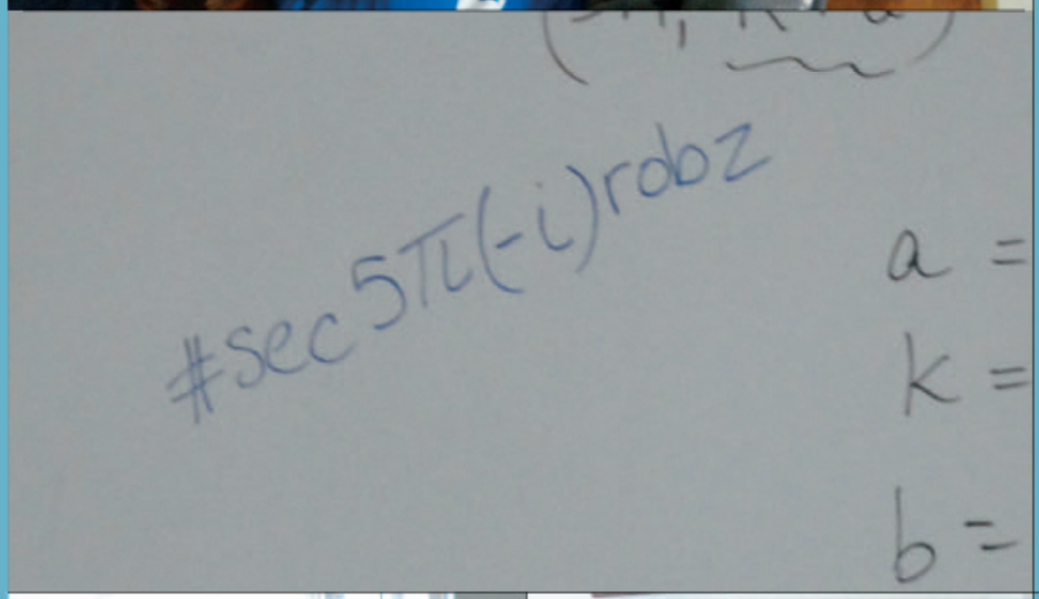
Volunteers:
Cayleigh Sorella
Felisa Antonazas
Rebecca McPherson
Dana Malowany
Natasha Hodge

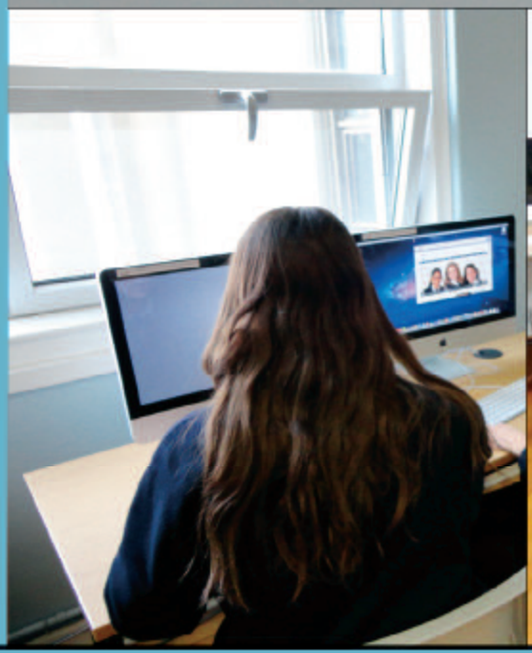
Coach: Ms Lecuyer

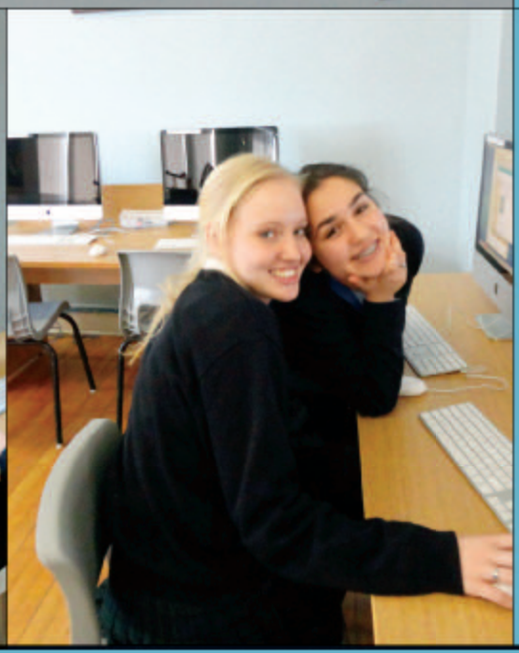
GRADUATES

"Live as if you were to die tomorrow. Learn as if you were to live forever." - Mahatma Ghandi

SHSM
GRADS 2013







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Graduates of 2013

Victoria Alescio

It's been a long journey but we finally made it! To all my girls that have supported me through my years at Sacred, thank you for making these 5 years so memorable and unforgettable. I would've never survived without you! Congrats Girls! Love ya xox

MLT: To be told "GURL there's no need to shout!" by Fat Amy -Pitch Perfect

Sarah Atallah

After these amazing five years, it is finally time to go our separate ways. Thanks to my family, friends, and teachers for all the support. CLASS OF 2013, we did it, sistas!

MLT: Marry a ginger

Karatitio Barnes

I don't even know how I made it to sec 5. nia:wen'ko:wa Ista ta:non Rake:'ni

MLT: Not hand in that assignment that's due tomorrow.

Claudia Bellveau

It's time to say goodbye to the uniform, teachers, students, and friends. One thing I will never forget is all the memories. We did it girls; from Sec 1 retreat to Sec 5 Stratford, we stuck together. Love you all, I'll never forget you. Lunch table<3

MLT: Write a Broadway musical starring herself while drinking an Ice Cap at 3a.m. called "I Saved That Old Man's Life".

Olivia Bouskill

Hey girls! I've had so much fun these past five years. To my 1A and 2A class, remember how mad we were when they split us up? We talked about it for months! See you in a few years at the reunion. Shout out to MSB, love you girls!

MLT: Own her own health store

Alice Brais

Alice Brais Alice Brais Alice Brais

Adele Brawley

"Do not go where the path may lead; go instead where there is no path and leave a trail." - Ralph Waldo Emerson

MLT: Dye her hair black

Kayla Cabanas

These past five years have gone by fast. Congratulations Grads of 2013, we made it! Thanks for all the memories, good luck to you all in the future. You will all go on to be amazing women <3

MLT: To die of salt over dose

Gabriella Caruso

I will miss you guys so much. I've made the best memories and have had the greatest times! We've finally made it! You've helped me grow, not literally, but I'll love you guys forever. Congrats grads! <3

MLT: Travel "all around the world" with Justin Bieber.

Caroline Chamandy

Congrats girlies! Five years have flown by. Thank you for all the good memories and laughs! "Don't cry because it's over, smile because it happened."

MLT: Name her children after One Tree Hill characters.

Karina Circello

Congratulations class of 2013! We finally made it all in one piece. I have made some awesome memories with some amazing people that would of never happened if it wasn't for Sacred. Thank you all and love you girls with all my heart! PO1 for life.

MLT: Get away with anything.

Valeria Cort-Manocchio

The thought of graduation seemed so far away 5 years ago, but it finally snuck up on me. K, Adri, I've known you guys since I was nine and I could not have picked better people to spend high school with. Foreveryone I've met along the way, you are truly amazing! Thank you for the wonderful experience and above all, the memories!...JCS

MLT: Beat Mr. Reda in a race

Graduates of 2013

Catherine D'Ambrosio

Five years go by really fast especially when it is spent with your best and closest friends. I wouldn't be the young lady I am today if it weren't for you girls! I'm so grateful to be part of the Sacred Heart graduating class of 2013. I love you ladies, thank you! OHANA

MLT: Outshine the sun with her smile.

Stephanie D'Arienzo

Wow these five years have passed by so quickly. I made some new friends and I still have my old ones too. Honestly, all I have to say is that "We survived Sacred Heart!"

MLT: Date a celebrity.

Gabriella D'Onofrio

I can't believe how fast our five years have flown by. Thanks Mom, Dad and Michael for all of your support. MSB, I don't know what I would have done without all of you. Good luck graduates of 2013, thanks for the unforgettable memories!

MLT: Be diagnosed with OCD.

Jessica Delucilla

It's been five years and I can't believe how quickly the time has passed. Grads of '13, you have given me the best memories and made these years unforgettable. Mom, Dad, and Laura thanks for everything. MSB, I couldn't have done it without you. Grads, we finally made it! Congrats and love you all!

MLT: Become chubby.

Dominique DiCaprio

We survived. Shoutout to my main, you know who you are.

MLT: Know every lyric to every song ever made.

Emily Dikranian

Man I didn't learn CPR in school but at least I learnt how to FOIL an equation.

MLT: Bargain at the dollar store.

Tracy Do

It's only been 3 years, but it was 3 years full of memories, laughter and inside jokes. I would like to thank my parents who supported me and my friends who made my Sacred years unforgettable. I couldn't have survived Sacred without you!

MLT: Trip and fall on her wedding aisle.

Katherine Drummond

Nearly half a decade since our first day of orientation and now ready to walk out of the Penfield doors for the last time! I will admit, I'm really going to miss this place and each and every one of you girls. Grads 13', thanks for all the great memories and laughs.

MLT: Outgrow Yao Ming.

Karyah-Kassandra Foster

Congrats Grads '13! We've made our way through five years at Sacred! Time just flew by and I'm glad I had such an amazing group of girls to share this experience with. Love you girls! Xo

MLT: Skate her way around the world.

Alexandra Gentile

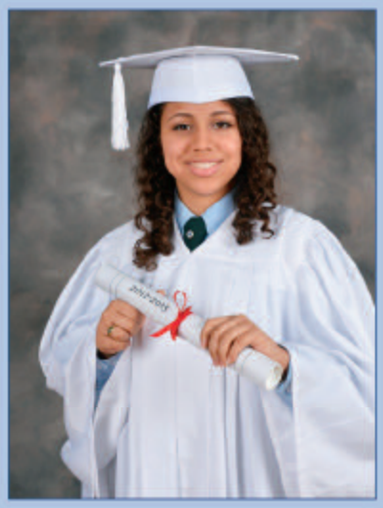
My years at Sacred have been filled with countless memories. Thank you all so much for an amazing and unforgettable 5 years! Mom, Dad, Erika, and Elyssa, thank you for your love and support. MSB: love you girls! All the best of the Grads of 2013!

MLT: Own Dee's.

Lisa-Marie Giorgio

Grads 2013! This is the last time we will walk along these hallways together donning our plaid skirts and ties. All that is left now is our futures. "Nobody gets to live life backward. Look ahead, that is where your future lies." - Ann Landers.

MLT: Write a memoir about surviving zombie apocalypse.



Leona Glaudemans

Grads '13 : I couldn't have asked for a better grade. I'll miss you all. MSB: You girls have made my five years here amazing and I don't know what I would have done without you. Shout out to all our jokes times. Thanks for all the memories and the laughter. Xo

MLT: Die laughing.

Graduates of 2013

Stephanie Gravel

Thanks for the memories (especially Spain). I'm glad I met you all. Congratulations class of 2013

MLT: Kick butt.

Lauren Honey Griffin

Thanks Ms Mastro for never giving me that detention for being late. Thanks Mr Gallo for your Mr Galloness. It's been a blast.

MLT: Be ON TIME for her wedding.

Sarah Harris-Gendron

Can't believe it's been five years... The memories will last forever. Thanks mom, dad, Liz, Kris and Ang. MSB, wouldn't have been the same without each of you. Grads, all the best in your future! Love you all xoxox

MLT: Marry a football player and eat more than him.

Maris Jacobs

Five years have come and gone in the blink of an eye. Thank you to every teacher and to every friend I've made during my time at Sacred Heart. I am so proud to call myself a part of the graduating class of 2013. Here's to our next chapter.

MLT: Row, row, row her boat gently down the stream...and live in the UK Find Daniel Radcliffe.

Georgia Kyres

"This is the end
My only friend, the end" – The Doors

MLT: Take down the system.

Charlotte Le Fevre

We did it! Thank you so much girls for these past few years. I will always remember them and all of you. Once a Sacred lady always a Sacred lady.

MLT: Become a forensic scientist who leads a double life on Broadway/Disney.

Vivian Luong

It's surreal to grasp the fact that we're actually graduating this year! Mom, Dad, Brian, Simon – Thank you for all the support, I wouldn't have done it without you! Grads '13, thank you for making these 5 years so memorable! Remember, be careful out there in the real world, all right? Everyone's not as friendly as us.

MLT: Rant about Asian stereotypes.

Amanda Marino

Five years have come and gone so fast; I can't believe it's already over. To my girls who made these years so memorable and to my family & teachers who have supported me; I love you all. To the grads, I wish you success in the future; you will go on to do amazing things! Sacred will always be home xo

MLT: Force a hockey player to marry her.

Kimberley Marks-Beaubrun

Thank you to all my friends and teachers for making these past five years memorable. Good luck to all my fellow classmates in their future endeavors.

MLT: Be taller than you.

Adrianna Mauchan

Congrats Grads of 2013! Over the past five years, we have created countless and unforgettable memories that I will cherish forever; Sportugal 2012, PO1 and LT 13. Thank you to my family, friends and teachers for all your love and support. I love you all and I will miss you!

MLT: Smile her way out of a speeding ticket.

Delia Mazzorana

As much as we all complain about school, we have to admit that Sacred is our second home. Sacred has made me the strong and confident person I am today and I would not take back my Sacred experiences for anything. Thank you to all of those who have been so warm and welcoming.

MLT: Have my own reality TV show.

Kelly McCullogh

Zephaniah 3:17 The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.

MLT: Join a convent.

Graduates of 2013

Catherine McDonald

"Friends are hard to find, difficult to leave, and impossible to forget." Grads of '13, these past 5 years have been amazing. Memories have been shared here that we will forever cherish. Teachers, family and friends thank you so much for everything. I can't believe it's already over!

MLT: Get an athletic scholarship.

Julia Messina

WE SURVIVED SACRED! To all my girls, our countless laughs and memories will never be forgotten. Thanks Mom, Dad, Joe, Vince, friends & family for all your love and support. Ciao Grads '13! Love you all and don't forget, keep smiling Xx

MLT: Laugh while walking down the aisle on her wedding day.

Kayleigh Metcalfe

Girls we did it! I will never forget all the laughs, the tears and wonderful memories. To my parents, Evan, teachers, coaches and friends, I couldn't have done it wihout you. Grads '13, thanks for making my years at Sacred great ones, and remember EGBOK! Love you xox.

MLT: Irish dance her way to success.

Esme Panarello

Thank you everyone for everything! Grads '13 remember: Don't dare to think outside the box. Change it instead. I wish you all the best for the future. Xoxo

MLT: Travel around the world.

Monica Petras

I wish to show my gratitude, my admiration, and aptitude. The journey was tough and at times unbearably rough. But I've made it through and I now know what to do. And at the very least, if I am not complete, I've made friends and that lasts till the end.

MLT: Nod along and pretend she knows what people are talking about.

Alicia Pinck

I ended up actually liking it...

MLT: Never come up with a "most likely to."

Sara Pulice

Thanks Mr. T. for all your homework. Thanks Ms. Potter for saying "Rough Tough Cream Puffs." It's been a blast

MLT: Be smart on a dumb day.

Brigid Roberts

As I walked into the Penfield doors for the first time, I had absolutely no idea that I was going to meet all the people I can now call family. Sacred Heart has become my second home and I have met the most incredible people during the past five years.

MLT: Move to England.

Rachel Rubbo

Time really does fly when you are with the ones you love! I wouldn't be the girl I am today if it weren't for Sacred. Ringrazio a Ma&Pa for believing in me. To every teacher who inspired me, I am forever grateful. Lunch Table: sisters forever. Love you all! Congratz GRADS '13

MLT: Travel the world.

Stefany Sacchetti

It feels like Sec 1 was just yesterday, but now we are the graduates of 2013. Thank you girls for always being there for me and sharing so many unforgettable memories! I'm going to miss you girls so much :(. I wish you all the best of luck in the future, love Sacchetti

MLT: be the MVP for U80AAA woman's soccer team.

Monica Sapala

Thanks to all my girls, wouldn't be here without you. Keep up the positivity!

MLT: Die laughing.

Anthanasia Savvidis

Wow five years went by so quickly! Thanks to everyone who supported me. To the best friends anyone could ever ask for. I love you all! Sacred, I'm out.

MLT: Seriously injure someone for saying something about her eyebrows.

Graduates of 2013

Nicoletta Savvidis

My friends! Congrats babes! I am so proud of each and every one of you; you each have a special place in my heart. Thank you to my family, friends, E.D., lunch table, and teachers. Love you!

MLT: Kidnap a boy from Spain/Greece and force him to marry her.

Larissa Seraf'in

Congratulations Grads 2013, we have spent a whole five years together filled with good and bad memories that I'll cherish forever! I'd like to thank all my close friends (MSB), teachers and my parents. Love you all and best of luck <3

MLT: Have everything and still manage to complain about something.

Sara Tagliamonti

Five great years full of memories have quickly gone by. Sacred has become my second home and it is hard to grasp that my days here are over. Thank you to everyone that has supported me and made these years memorable. I'm going to miss walking through those Penfield doors. Good luck girls and congrats Grads '13!

MLT: own one hairclip the rest of her life

Aphrodite Vassiliou

Words can't express how grateful I am to Sacred for giving me lifelong friends, amazing memories & a second home. SPORTUGAL, PO1, LT 11-13. Thanks to my family, friends & teachers for all the support. Grads '13, I love you all so much. We did it.

MLT: figure out how to turn into a vampire without having to give up greek food.

Norah Woodcock

"We're all stories in the end. Just make it a good one." - The Doctor.

MLT: Legally marry a fictional character.

Myriam Zakaib

Philippians 4:13 *we

MLT: have a Bible verse as her grad comment

Grad Song

Once upon a time
Five years ago
We walked through
Those penfield doors
They found us x3

And ever since then
Wearing that kilt
Walking up those stairs
We became very built
They made us strong x3

Now we're long gone
They're just memories
And we've realized
It's time to say goodbye, but

We know we are gonna miss sacred
And all the memories
We've shared throughout these five years
But we won't be too sad

We know we are gonna miss sacred
And all the memories
We've shared throughout these five years
Now we're walking out these castle doors
Ah, oh, ah sacred sacred sacred (grads)
Ah, oh, ah sacred sacred sacred

Taking off that tie
No more dress uniform
Saying bye to the teachers
And mr Ward
We're gonna miss you x3

So we know were moving on
We're gonna miss GA
This big family
We won't see everyday
We're gonna miss it x3

Now we're long gone
They're just memories
And we've realized
It's time to say goodbye, but

We know we are gonna miss sacred
And all the memories
We've shared throughout these five years
But we won't be too sad

We know we are gonna miss sacred
And all the memories
We've shared throughout these five years
Now we're walking out these castle doors
Ah, oh, ah sacred sacred sacred (grads)
Ah, oh, ah sacred sacred sacred

And the saddest part
Is that we'll be apart
Going to different schools
Leaving
Everything
Behind us
Yaaaaa

We know we are gonna miss sacred
And all the memories
We've shared throughout these five years
But we won't be too sad

BABY PICTURES

WHEN I GROW UP I WANT TO...

TRAVEL THE WORLD

LIVE IN HAWAII

BUILD AN IRON MAN

MOVE TO ENGLAND

BE A NURSE

BE A FAMOUS BLOGGER

FIND DANIEL RADCLIFFE

FIND BIGFOOT

REALIZE MY DREAMS

TRY EVERYTHING

ALWAYS SMILE

LIVE LIFE TO THE FULLEST

WORK IN THE FASHION INDUSTRY

BE A FOOD SCIENTIST

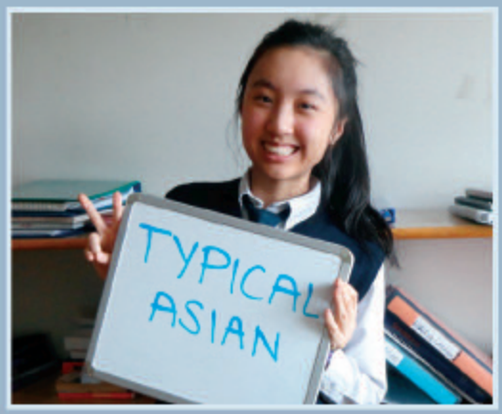
BE A FASHION DESIGNER

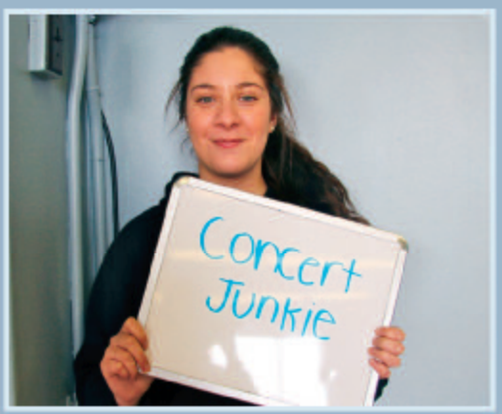
BE SUCCESSFUL

BE ON BROADWAY

BE HAPPY

You'll be remembered as...





CLASS
CLOWN

OBNOXIOUS

SlAckeRs

Txtr :P

BRAINS

SMILE

Fashionista

Shopaholic

Me, I'm
ITALIAN

EYES

American
Girl

SINGER

Bookworm

CLUMSY

HAIR

OBNOXIOUS

SHORTEST

mini
kilt

cutie
pie

Party
Animal

TALLEST

WISE
TURTLE

GARBERATOR

PRINCESS

Leprechaun

LOUD

SOCIABLE

SPORTY!

Jewellery

Laugh

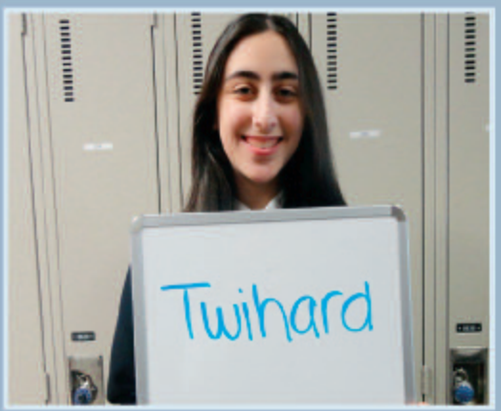
swimmers

Late

FAN
GIRLS

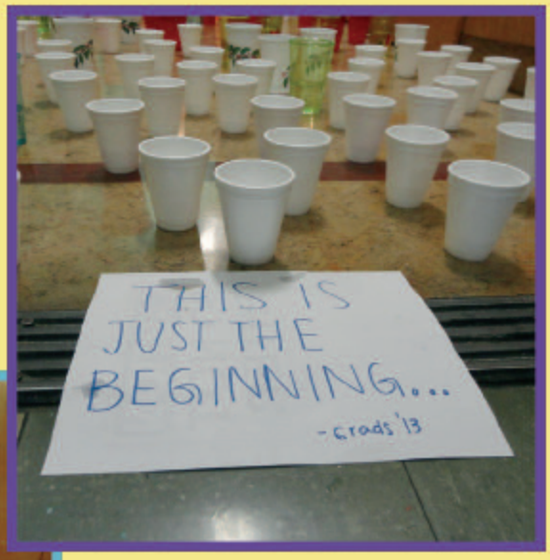
Sarcastic
RADS 20

MOM


Twihard

Best of 2013

Grads



2013

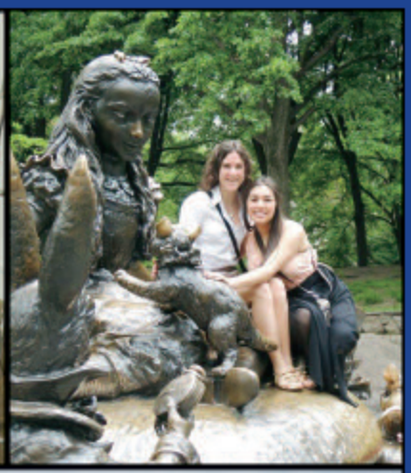
Stratford 2013

#PO1

"Coming together is a beginning; keeping together is progress; working together is success."
-Henry Ford

LAST RETREAT

New York City 2013



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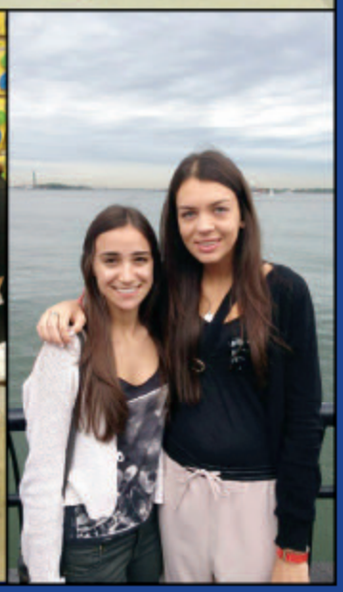


Ring Ceremony

Sec V Entertainment

Convocation

Valedictorian Speech

Katherine Drummond

Sacred Heat BLC Award for English
Sister Gertrude McNamara Memorial Prize
Soeur Annette Archambault Memorial Prize
Estelle Fitzgibbon Memorial Prize
Governor General's Medal
Parent's Guild Award

In the words of Semisonic, "Every new beginning comes from some other beginning's end." Well graduates, here we are, faced with a beginning and an end alike. After five years in this castle, with its routine, comfort, quirks and familiar faces, we're finally moving on. Like little birds that feel like they've been nurtured for far too long, we are ready to ditch the nest and fly away. Today, we close the curtain on what has been a five-year long production. If hard work and perseverance merit medals, you all deserve golden eggs, diamond waterfalls and a solid pat on the back. This evening, not only do we recognize the end of this chapter in our lives, but we also recall and celebrate all that we've accomplished both independently and collectively during our time at Sacred Heart. Lastly, this day holds significance in that it marks a beginning. It opens the doors to the rest of our lives and the boundless awaiting possibilities.

Let us begin by taking a look back. Nearly five years ago, many of us filed through the Portry doors, sporting "Saints" t-shirts and knee-length dazzling blue gym shorts, for our first day of orientation. As we sat in the parlor, we were all equally anxious and excited for the day's proceeding, but more importantly, for the journey that lay ahead of us. From the perspective of slightly smaller, more naive versions of ourselves, the building and everything inside of it was quite large and frightening. Back then, this institution and all of its customs were unknown to us: détente, blessing foreigners, the mystery behind Alice the ghost, the everlasting trek from the first to fifth floor and DASHABU-what? It was only a matter of time before we established that adjusting to our new environment wasn't something that could be done single-handedly. On that account, we turned to each other and created what would become long lasting friendships.

What would ensue is five years of discovery, growth, breakdowns, streaming hormones, tears, laughter and simple delight, to say the least. As we promptly began growing out of our side bangs, kilts and Ecco lace-ups, we simultaneously grew into the school that had previously been big and scary to us. Eventually, Sacred would adopt a significant and unique role in each one of our lives. Today, it's a place most of us consider home. Disagree, if you may, but let's get real. Where else would it be considered socially acceptable to walk around in socks, with what could be confused for a bird's nest sitting on top of your head, asking just about every passerby for a Meitol or any form of nourishment that doesn't take the form of a Special K bar?

Sacred Heart has not only served as an academic establishment, but more significantly as a place of personal development. Not one of us can say that the young woman sitting here today is the same pre-pubescent tween who anxiously sat at her study hall desk for the first time late August of 2008. Owing to the education and instruction we've received in addition to our individual experience, we've all matured into strong, independent and intellectual young women. We've added an astonishing 750 Wordly Wise words to our vocabularies, mastered SOH-CAH-TOA, drilled Canadian History like it was nobody's business, we all know "I Have No Bright Or Clever Friends" and finally, we survived YPI. Yet here we all are, our minds and bodies still intact. Moreover, we each adopted a personal set of morals and values and have come to understand what it means to love and respect one another, as well as ourselves. All this to say, we've witnessed each other grow, in ways that can't be quantified by a number on a scale nor line on a measuring stick.

Despite the marvel in all that we've learnt and the ways in which we've flourished as individuals, it is the memories we've shared as a unit that have certainly made these past five years worthwhile. Sec.1 G.I "Loyola Dance Talks," the 2A "Wong Experience," "Hali Baby," staying at school until ungodly hours for Robotics, multiple trips around the globe, peeling bananas as we travelled to Stratford and our epic sec.5 pranks; we definitely kept ourselves entertained. Although I can't say that we were always the most tightly knit group of friends, we've stuck together nonetheless. Our deep talks during retreat this year just goes to show that in spite of our differences, we can come together and entrust in one another. We share the eternal bond of being part of the class of 2013, and I hope that each of you treasures this gift indefinitely into the future. After being surrounded by one another seven hours a day, five days a week, ten months a year, for five years, today everyone will go her separate way. Next year is surely going to be an unsettling adjustment.

On behalf of the graduating class, I'd like to take a moment to thank the administration, teachers and families, who have all stood by us without fail over these past five years. Had it not been for your guidance, support, dedication and uttermost patience, we would not be the same women that sit before you today. Furthermore, we would not nearly have accomplished as much as we did. Thank you for serving as positive and inspirational role models in our daily lives, thank you for testing our capabilities, thank you for pushing us to succeed and thank you for picking us up every time that we fell. As well, thank you for putting up with us day after day, with our non-stop complaints, inquiries and one too many late night meltdowns. For this and much more, today's ceremony commemorates your efforts and success, together with our own.

Some of us have been saying for a while now that we're ready to move on. We claim that we're ready to face the so-called "real world" and all of its uncertainties. As phrased by MGMT, we're "a family of trees wanting to be haunted." We may be set to move forward, however it won't be before long that the inevitable heartache of leaving something behind catches up to us. Next year, as you find yourself in new surroundings, crowded hallways filled with unfamiliar faces and less brightly colored walls, you may surprise yourself as you yearn for Mme Louise's breakfast cookies, the echoing chant of "Children of the Light" or the signature "Mastro Stare". As in the case of all things you grow accustomed to, letting go presents itself as a challenge.

Nevertheless, I have complete faith that each and every one of you will achieve greatness in your future endeavors. I'm being completely honest in saying that before me sits the most amazing group of girls that I know. Each one of you is kind, unique, talented and destined for success. You are all forces to be reckoned with; the real world has no idea what's headed its way. In various ways, you have all demonstrated your potential here at Sacred Heart, whether on stage, on the field, in the chemistry lab, behind the camera or in front of a canvas. I hope that each of you pursues your dreams with boldness, takes chances and never shies away from an opportunity because you doubt your abilities or you are told that you can't. You can! In the words of William Arthur Ward, "If you can imagine it, you can achieve it; if you can dream it, you can become it." Finally, take pride in all that you do, both the failures and the accomplishments. It is our actions, big, small, good and bad, that define us as individuals. All the while, please don't forget to enjoy yourself. Embrace every day, every experience, every living moment. You're only a fluorescent adolescent once in your life so make the most of it.

Now, let's rid ourselves of our ties, throw our caps in the air and start this new chapter as we end the one before it: together. Graduates of 2013, today is June 20th and in this moment, we are infinite. Congratulations and I love you all!

Special Prizes

Judith Rossi Memorial Prize
The Lieutenant Governor's Award

The Head of School Memory Book Award
Provincial Council Award

Student Council Prize

The Joanne Mastro Award
Parent's Guild Prize for Social Science

SAcred Heart BLC Award for English

The Sacred Heart Music Award

Therese F, Casgrain Scholarship

Judith Rossi Memorial Prize
Frances Smith Memorial Prize

Auriol Wilkins Roper Memorial Prize

Soeur Annette ARchambault Memorial Prize

The Burce M.Hicks Public Service Award
SacredHeart BLC Award for English
City House Foundation Bilingual Profinciency Prize

Patty Forbes Memorial Prize

The Head of School Memory Book Award
McGill Science Award

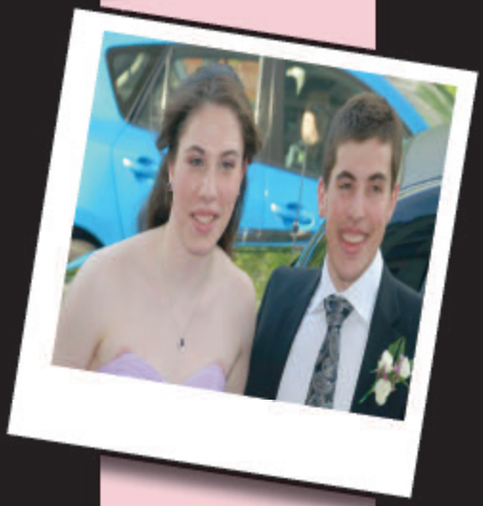
The Sacred Heart School of Montreal Art Prize
Heather MacDougall Memorial Prize

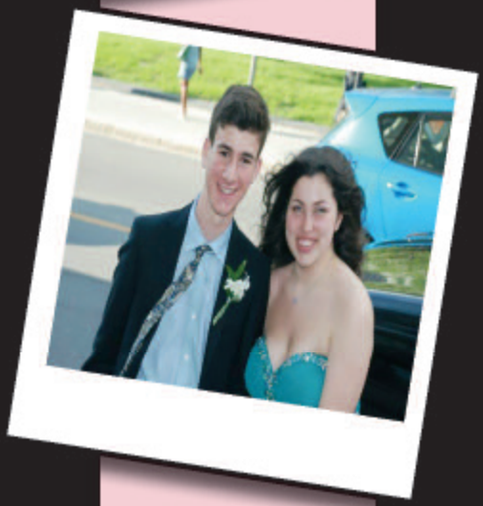
Five Year Distinction Prize

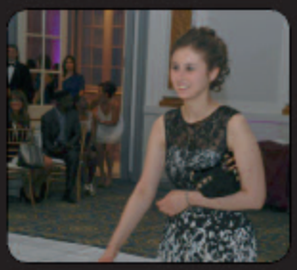
Katherine Drummond Rachel Rubbo Norah Woodcock

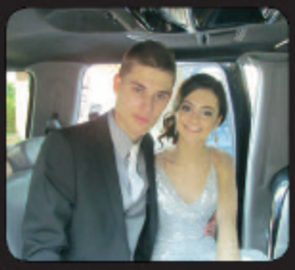
Five Year Honour Roll Prize

Claudia Belliveau
Alice Brais
Adele Brawley
Kayla Cabanas
Valeria Cori-Manocchio
Jessica Delucilla
Alexandra Gentile
Leona Glaudemans
Sarah Harris-Gendron
Charlotte Le Fevre
Vivian Luong
Amanda Marino
Adrianna Mauchan
Sara Tagliamonti

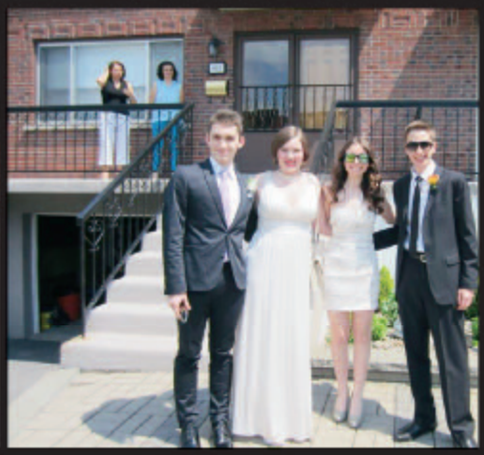




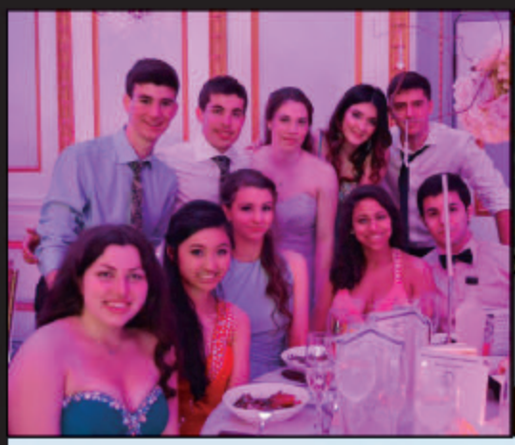


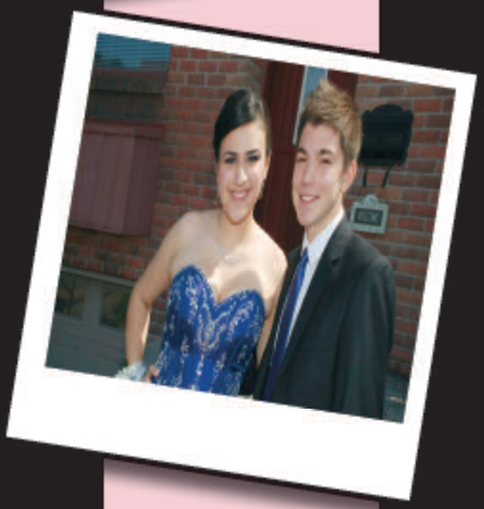


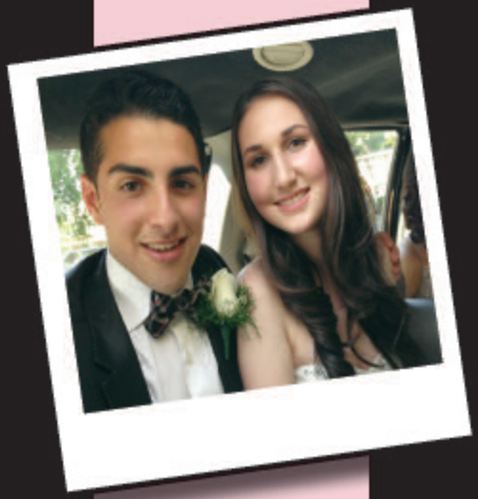
PROM 2013



PHOTOBOOTH 2013







Orientation to Graduation

FÉLICITATIONS AUX
FINISSANTES DE 2013
CONGRATULATIONS TO THE
GRADUATES OF 2013

forever & always

Julia Zito

Congratulations Julia on another great year in Secondary II. !

We are so very proud of your academic accomplishments but also of your involvement in sports and other activities. You have demonstrated your maturity and independence this year and I couldn't be more proud of the young lady you have become. Remember to follow your dreams, as there are no boundaries as to what you can accomplish. Most importantly always stay true to your- self.

Continued success and love always from Mama, Oma and Opa.

(A special thanks goes out to Miss Mastro, who has been a "ROCK" and such a positive influence in all our daughters lives). You will truly be missed.

"C'est en croyant aux rose qu'on les fait éclore."
Anatolle France

Congratulations Charlotte! We are so proud of all your accomplishments.

L'AVENIR T'APPARTIENT!

Nous t'aimons,
Mama, Papa et Fernand

"Every great dream begins with a dream. Always remember, you have within you the strenght, the patience, and the passion to reach for the stars to change the world."
Harriet Tubman

Sara Tagliamonti

The last 5 years have certainly been a rewarding journey, watching you grow from a little girl into a fine young lady. We've watched you excel in academics, music and sports, essentially everything you put your mind to. Remember, the future is yours to conquer and, with continued hard work and perseverance, all is within your reach. We are looking forward to your continued growth and successes and, wish for you good health and happiness.

With love and devotion,

Extremely proud Mom, Dad, and David

Grads of 2013

Congratulations girls on everything you've accomplished! Good luck in the future. You will be missed.

"The most rewarding things in life are often the ones that look like they cannot be done." Arnold Palmer

Thank You Miss Mastro

"If you think missing me is hard, you should try missing you" -Unknown

jostens